

HYDROTHERAPY POOL DETAILS

Depth:	1 - 1.4 metres
Temperature:	34° - 36° C
Access:	Pool steps Gradual ramp

The pool water is chlorinated. The combination of chlorine and warm water can reduce the life of your swimwear.

On your first visit you will be asked to complete a health questionnaire which will include your midwife's name and contact number and emergency contact details.

PLEASE NOTIFY A RELEVANT MEMBER OF STAFF IF YOUR MEDICAL CONDITION CHANGES.

Recommended for women who are more than 27 weeks pregnant.

The therapeutic qualities of the water such as buoyancy, warmth and gentle assistance/resistance will enable you to do specific exercises in the pool with greater ease.

WHAT TO BRING:

- towel and swimwear
- medications such as inhalers or sprays for asthma or angina. Please name them and place on poolside table.
- drink bottle for fluid replacement (a water fountain is available)
- we recommend that you do not bring valuables to the pool. Please see a staff member if you have concerns regarding personal items.

Please work within your own limits and at a pace you feel comfortable with.

If you feel hot, move to the shallower end of the pool so that your shoulders are out of the water and can cool down.

If you feel unwell, please let a staff member know and they may assist you out of the water.

DO NOT ATTEND IF:

- you are feeling unwell
- you have experienced vomiting or diarrhoea. Please do not return to the pool for 2 weeks following these symptoms
- you develop a skin condition such as athlete's foot
- you have an open wound
- for any reason you are unsure if you should be in the pool.

No client under the influence of alcohol or showing inappropriate behaviour will be able to enter the pool area.

If you bring a support person with you, please ask them to remain in the waiting area or go to the cafeteria. This is for safety and privacy reasons, also to allow you to concentrate fully on the class.

Antenatal Pool Sessions are on:

Wednesday 11 - 12

Friday 11 - 12

Allow 15 minutes change time either side of the 30 minute pool session. Please exit the pool in a timely manner. Use the door at the back of the changing room to exit the hydrotherapy area.

It is a requirement that you shower immediately before entering the pool, and it is recommended you shower after your session. Please note the use of shampoo and soap is not permitted in the showers.

There is an attendance fee of **\$3 cash**, please ensure you have this money ready on entrance to the pool. No EFTPOS available.

It is sometimes necessary to close the pool at short notice.

We will attempt to contact everyone as soon as we are able. Please check your phone for messages before you come.

The pool is closed on public holidays.

Please use patient designated parking only. Please do not use designated CDHB staff car parking.



A GUIDE FOR ANTENATAL HYDROTHERAPY CLASSES

**PHYSIOTHERAPY DEPARTMENT
BURWOOD HOSPITAL**

**Information Hotline: 383-6836
Ext. 99753**

Canterbury DHB
District Health Board
Te Pori Hauora o Waitaha